THE CREATIVE REAWAKENING WORKBOOK

30-Day Guide to Rekindling the Playful Artist Inside the Grounded Entrepreneur

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30-Day Guide to Rekindling the Playful Artist Inside the Grounded Entrepreneur

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The Creative Reawakening Workbook

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While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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Table of Contents

A Note from Fristy 5
Program Overview: The 4 Phases of Creative Reawakening 6
WEEK 1 – Reclaim Curiosity 6
Daily Micro-Ritual (15 min) 6
End-of-Week Reflection 7
NLP Reframe 7
WEEK 2 – Recover Creative Power 8
Visualization (10 min) 8
Journaling Prompts 8
Energy Check-In 9
WEEK 3 – Rewrite the Inner Story 10
Dialogue Exercise (15 min) 10
NLP Re-patterning 10
Mini-Action 10
WEEK 4 – Re-Imagine Your Future Work 11
Morning Visualization (10 min) 11
Guided Journal 11
Timeline Therapy Twist 11
Reflection and Notes Section 13
Integration & Reflection 14
Evening Wind-Down (Daily, 5 min) 14
Final Reflection 14
Apply Now for the THRIVE Feminine Leadership Immersion 14
Get Your Free Gift! 15
Divine Feminine Wealth Activation 15
Get Your Free Gift! 17
The Unapologetic Radiance Guidebook 17
A Note of Gratitude 19
About Fristy Sato 20
Check Out My Books! 21
The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires 21
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and

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Divine Love 23
Your Path Forward 25
BEGIN YOUR JOURNEY NOW! 26

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A Note from Fristy

Welcome, fellow creator and leader.

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

If you're reading this, you've likely built a thriving business or career, but somewhere along the way, the joy drained out. The **Wild Artist** inside you—the part who created just because it felt good—has been sidelined by the **Grounded Entrepreneur** who only creates for results.

This month isn't about forcing productivity or making sense of every idea. It's about merging these two powerful forces: your adult discipline and your wild imagination.

The truth is, you're not rebuilding your creative self. You're simply **inviting her to work with you now.**

When creation flows from joy, not obligation, your work becomes magnetic.

Yours in playful expression,

Fristy Sato | Divine Feminine Leadership Initiator
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Program Overview: The 4 Phases of Creative Reawakening

This 30-day journey uses light energetic work, NLP, and self-reflection to dissolve creative blocks and link joy back to your mission.

Week	Theme	Core Focus	Key Practice
1	Reclaim Curiosity	Meeting and inviting the Younger Creative Self back into your daily life.	Playful Questioning & Self-Reframe
2	Recover Creative Power	Clearing the fear of being seen and dissolving the inner critic around your ideas.	Visualization & Energy Check-In
3	Rewrite the Inner Story	Integrating the Adult Disciplinarian with the Wild Artist for seamless flow.	Archetypal Dialogue & Non-Income Action
4	Re-imagine Future Work	Merging creativity with leadership—building a mission that feels like art and flow.	Timeline Therapy Twist & Embodiment

WEEK 1 – Reclaim Curiosity

Theme: Meeting Your Younger Creative Self. She's still here—she just stopped being invited to your workspace.

Daily Micro-Ritual (15 min)

1. **Shift Your Space:** Sit somewhere different from your usual workspace (a coffee shop, the floor, a park bench).
2. **Declare Safety:** Say quietly: **"I'm safe to play. My creativity is not judged here."**
3. **Ask One Playful Question:** *"What did I love doing before it had to make sense or had a monetary value attached?"*
4. **Flow Writing:** Write for 5 minutes, no filter, just letting the ideas flow from that younger self.

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End-of-Week Reflection

- What activities light up my body (not just my mind) when I create?
- Where am I still judging **“silly” or non-monetizable** creativity?

NLP Reframe

When the thought **“I’m wasting time”** appears, breathe and replace it with: **“I’m intentionally building creative energy and capacity.”**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 2 – Recover Creative Power

Theme: Clearing Fear of Being Seen. We are training your inner system to feel safe when your ideas move outward.

Visualization (10 min)

1. Picture a version of you on a stage, confidently holding your newest idea, offer, or creative work.
2. Hear the inner critic in the crowd loudly expressing doubt.
3. Now, imagine that critic shrinking to child size. **Thank it:** *"You tried to keep me safe from rejection."*
4. Invite it to sit gently **beside you** (where it can still advise) instead of in front of you (where it blocks the view).

Journaling Prompts

What am I most afraid will happen if my work is fully seen and understood?
Who taught me (family, school, past boss) that creative visibility or bold expression is dangerous?
What profound impact might be possible if I genuinely believed my ideas are needed?

Notes:

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Energy Check-In

Place a hand on your **solar plexus** (just below your ribs). Repeat: **“I allow my energy to move outward with clarity and safety.”**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 3 – Rewrite the Inner Story

Theme: Integrating Play with Purpose. This is where the adult discipline and the wild artist start collaborating beautifully.

Dialogue Exercise (15 min)

Write two columns: Left = **“Adult Me (The Strategist),”** Right = **“Creative Me (The Artist).”**

Let them have a conversation about a current project. Let it be messy and emotional. *Example: Adult Me: "We need a launch plan." Creative Me: "But what if we just danced it out first?"*

NLP Re-patterning

When resistance shows up (e.g., “It’s too late,” “I’m not original”), state out loud: **“That was true once. Now it’s simply old data.”**

- Touch the center of your chest, inhale deeply, and imagine exhaling the phrase **"new code."**

Mini-Action

Do one small creative act each day that has **zero link to income**—sing, draw, rearrange your altar, cook a colorful meal. **Notice what your body feels before and after.**

The deep-seated belief that creation must be hard work often links to unhealed money wounds and worthiness beliefs. To dissolve this pattern, **Visit our self-paced course, Divine Feminine Money Healing**.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 4 – Re-Imagine Your Future Work

Theme: Merging Creativity with Leadership. Your work becomes an expression of your essence, not an effort to prove worth.

Morning Visualization (10 min)

See yourself creating or teaching with ease—words flowing, clients resonating, ideas landing. Feel the difference in your body: **not effort, but expression.**

Guided Journal

What would my business or mission look like if it felt like art to me every day?
How can I teach or sell in a way that feels like storytelling and flow, not pitching?
Which projects are asking for imagination and intuition, not just rigid structure?

Timeline Therapy Twist

Close your eyes. Imagine walking backward through moments when creativity felt blocked or heavy. At each stop, whisper: **"Thank you for teaching me discipline. I release the heaviness."** Then walk forward, collecting light and ease from each old scene, until you return to now.

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Integration & Reflection

Evening Wind-Down (Daily, 5 min)

- Place a hand over your heart and breathe slowly.
- Whisper three things you enjoyed **creating or noticing** today.
- Imagine sending gratitude to your younger creative self—she worked hard to keep your imagination alive.

Final Reflection

At the end of 30 days, answer:

- What **emotions** show up now when I think about creating new work?
- Where has **ease replaced pressure** in my daily flow?
- What **new project or expression** wants to be born through me next?

Final Note: Every time you pick up the pen, paintbrush, or voice memo, you remind the world—and yourself—that **play is productive, imagination is sacred, and expression is your truest form of service.**

If you are ready to anchor this creative flow into a thriving, aligned business model, the **THRIVE Feminine Leadership Immersion** is your next step.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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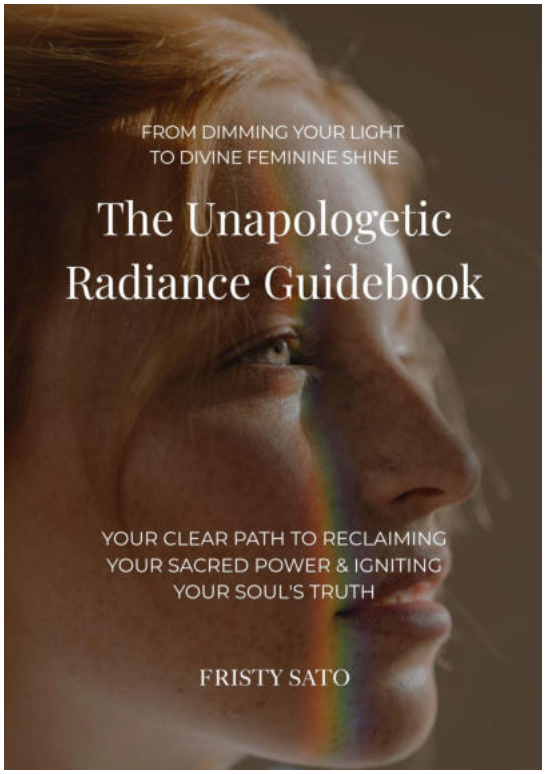
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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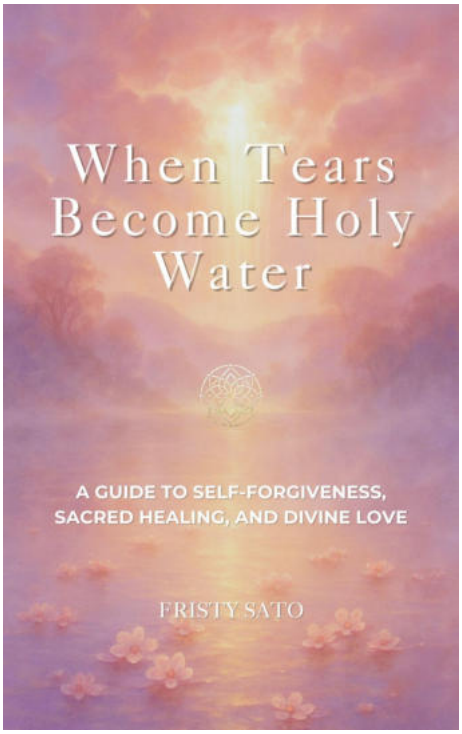
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy's words felt

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like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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